

MATTERS®

Medication for Addiction Treatment & Electronic Referrals

Harm Reduction 101

Learning Objectives

At the end of the session, participants will...



Understand the
History and
Principles of
Harm Reduction



Learn about the
dangers of
fentanyl and
xylazine in the drug
supply



Explore the
Future of Harm
Reduction

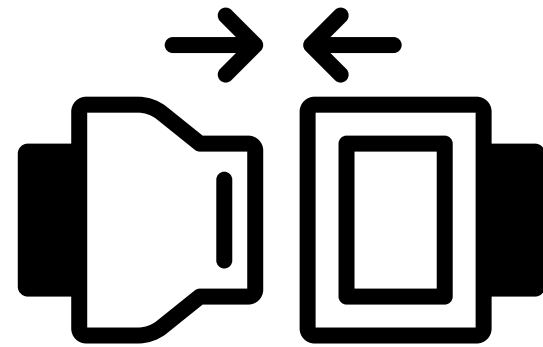
Everyday Harm Reduction

HELMETS



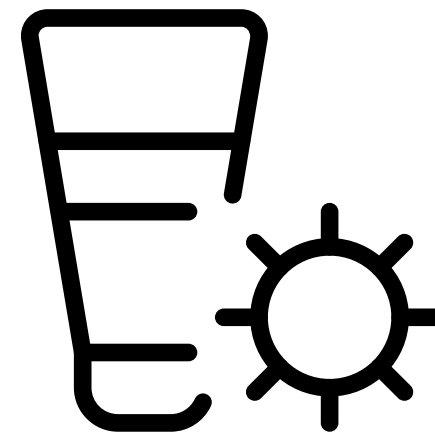
Wearing a helmet or other protective gear when riding a bike or other outdoor recreation activities.

SEATBELTS



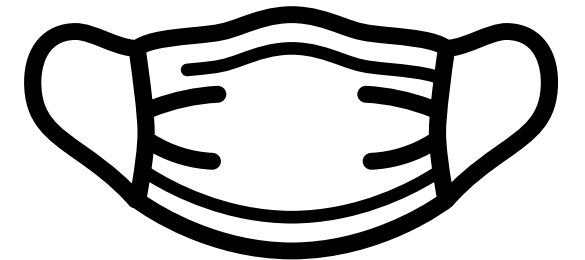
Buckling in when in a car, bus, or airplane.

SUNSCREEN



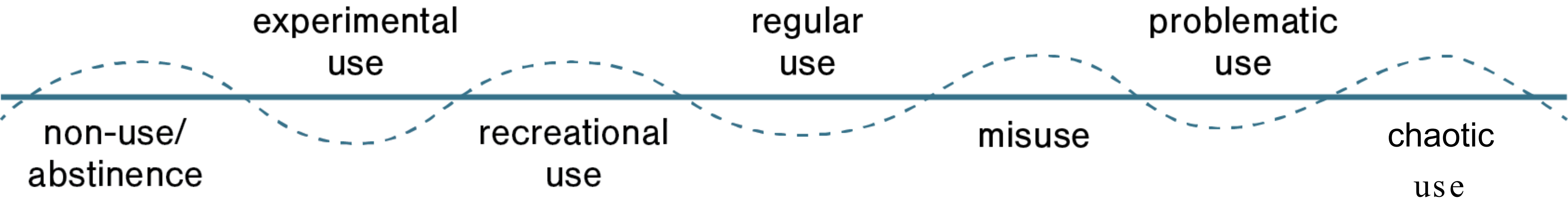
Wearing sunscreen reduces the chance of sunburn or skin damage.

MASKS



Wearing masks around others to prevent the spread of communicable diseases.

Continuum of Substance Use



90% of people who use drugs do not meet the criteria for a substance use disorder.

**Source: unodc.org/documents/wdr2015/WDR15_Drug_use_health_consequences.pdf*

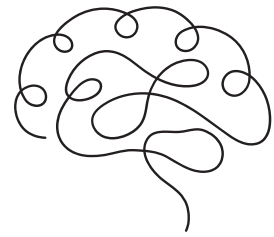
Transtheoretical Model of Behavior Change

These stages do not happen in a linear order; the process is often cyclical. Some stages may be missed, or the individuals might go back to an earlier stage before progressing again.



OPIOIDS

What are opioids?



Natural or synthetic substances that act on the brain

What are opioids used for?

- Opioids are used to treat persistent or severe pain
- Often prescribed following surgery, injury, or cancers
- Can be used illicitly

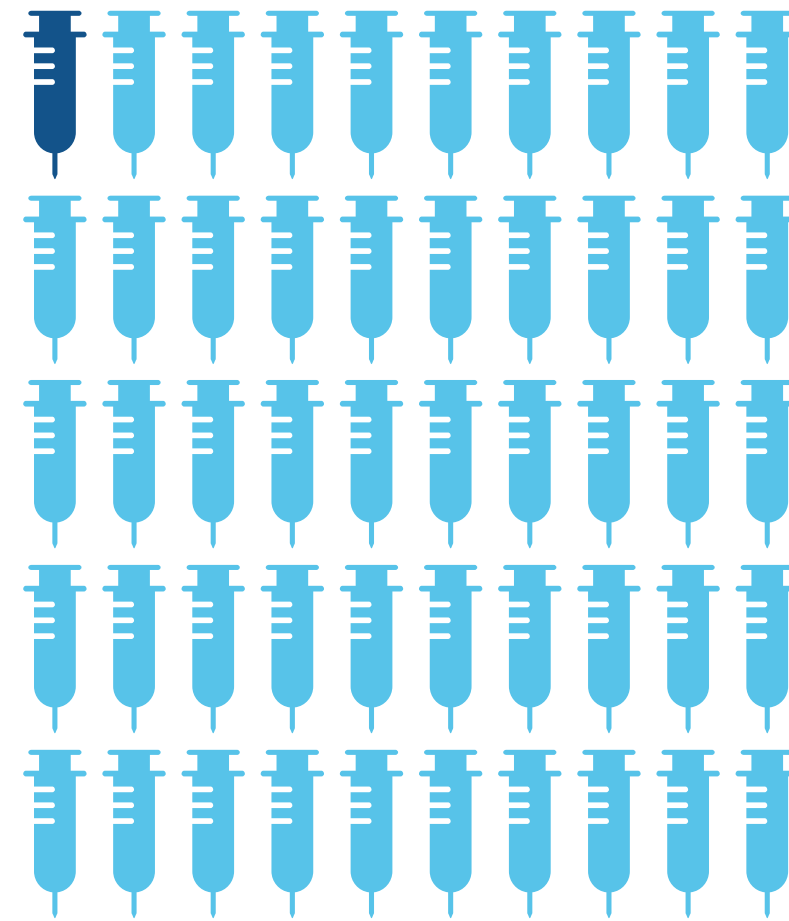
Why are opioids a risk?

- They are **extremely addictive** substances
- Taking too many can stop a person's breathing, lead to death

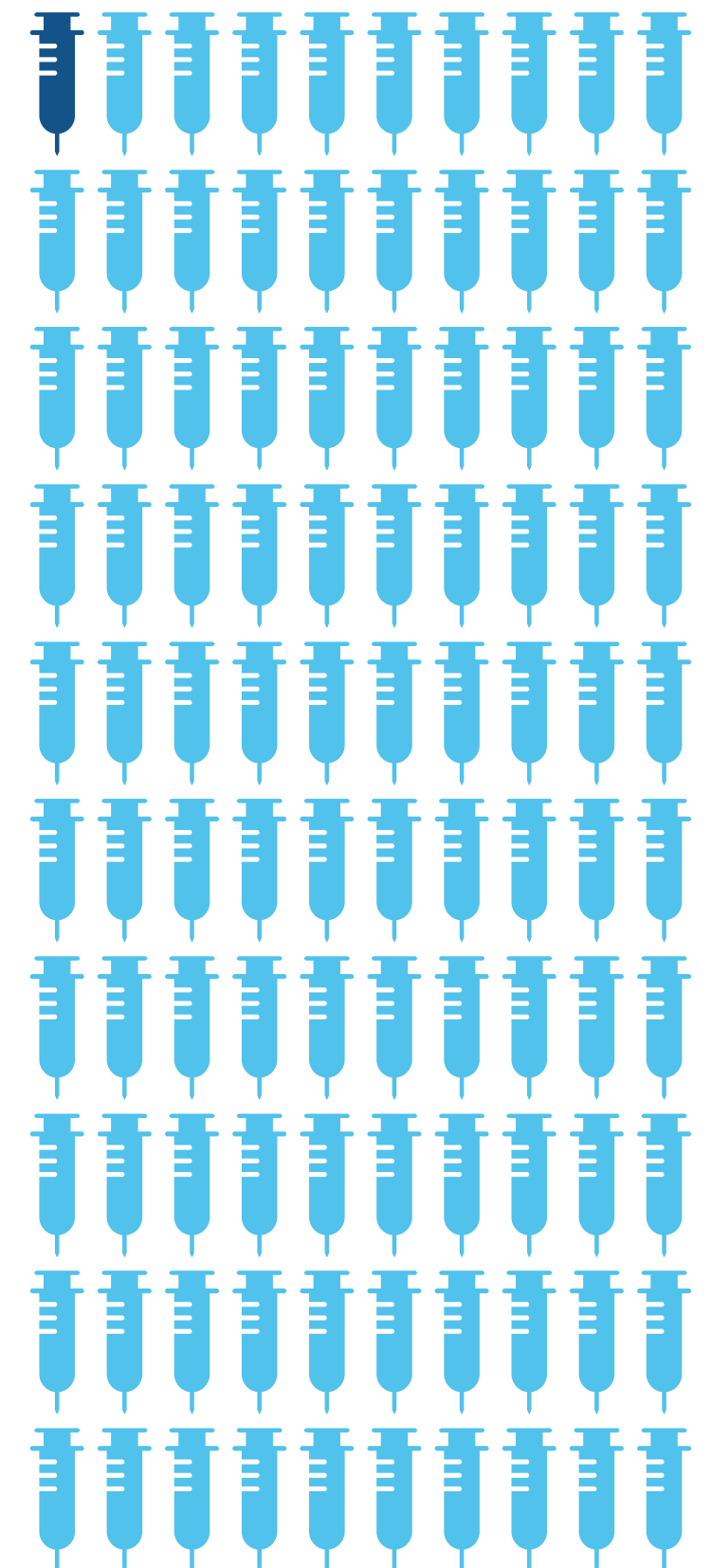
FENTANYL

- Most commonly mixed into heroin but is found in other drugs (cocaine, meth and counterfeit pills)
- Usually added into the drug supply before it reaches street dealers
- You cannot overdose simply by touching powdered fentanyl. This is a common MYTH.

30-50 times more potent than heroin



80-100 times more potent than morphine



Medical Fentanyl

- Safety precautions in place
- Has less side effects than other opioids
- Nasal route available for certain circumstances
- Preferred opioid pain medication



VS

Street Fentanyl

- No safety precautions
- Often contain concentrated doses
- Often contaminated with other substances



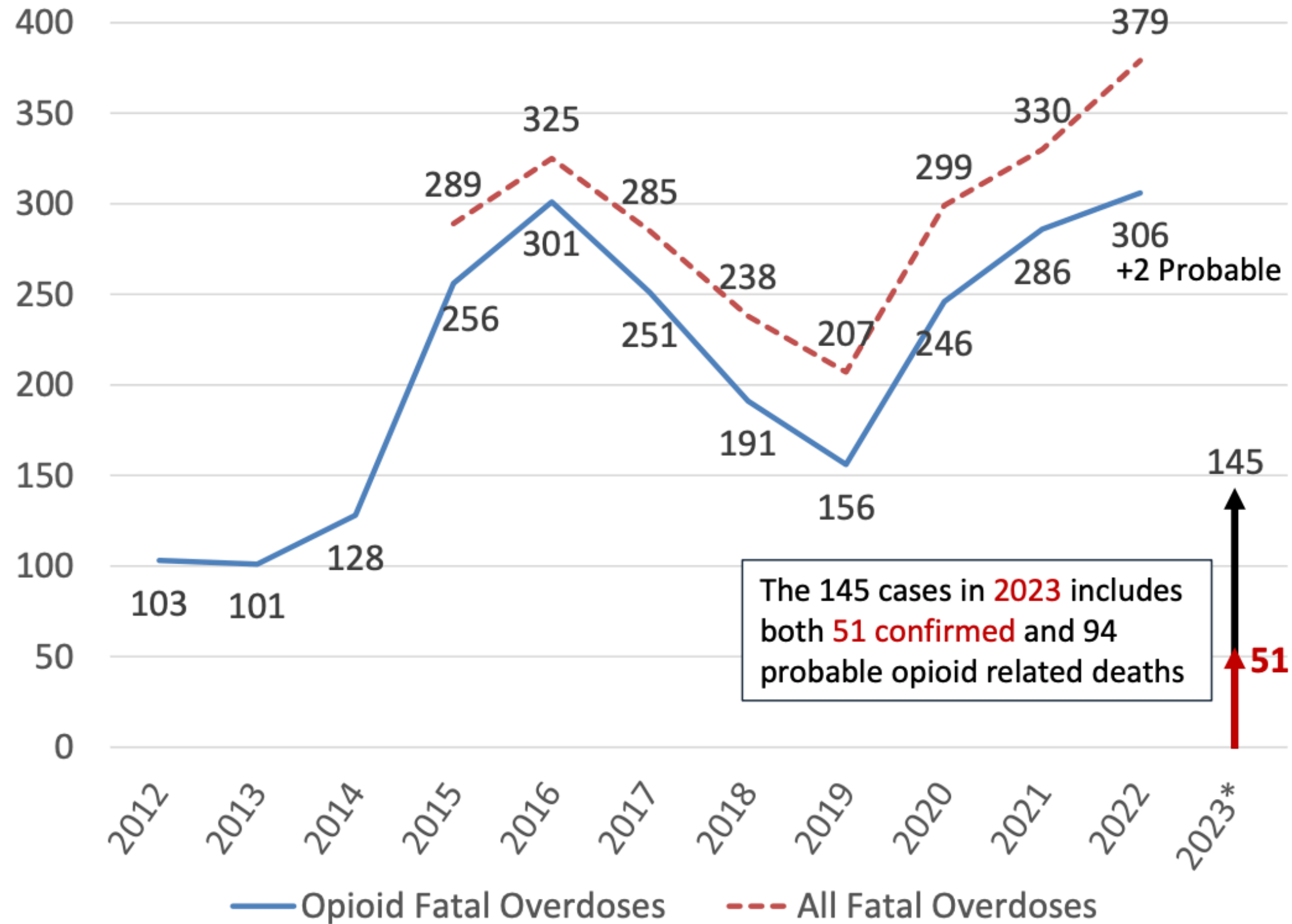
HOW MUCH FENTANYL CAN BE LETHAL?



2012 – 2023* OVERDOSE DEATHS

ERIE COUNTY

2016: 7% OD deaths tox neg for opioids
 2022*: 19% OD deaths tox neg for opioids



SOURCE: ERIE COUNTY MEDICAL EXAMINERS OFFICE, *CASES REPORTED THRU 4/28/2023

Xylazine...what is it?

- Also known as "Tranq"
- Developed in 1962 by Bayer pharmaceuticals as an antihypertensive
 - Trials stopped in humans due to hypotension and CNS depression
- FDA approved for veterinary use
- It is a sedative/tranquilizer
 - Lowers level of consciousness, blood pressure, respiration



Xylazine... why is it important?

- May prolong the effects of fentanyl (desired and undesired)
- Does not respond to naloxone
 - Fentanyl/ Xylazine combined overdose
- Skin wounds

(U) Figure 2. Number of Xylazine-Positive Overdose Deaths by Region

<i>Region</i>	<i>2020</i>	<i>2021</i>	<i>Percent Increase</i>
<i>Northeast</i>	631	1,281	103%
<i>South</i>	116	1,423	1,127%
<i>Midwest</i>	57	351	516%
<i>West</i>	4	34	750%

Source: DEA

Skin Wounds



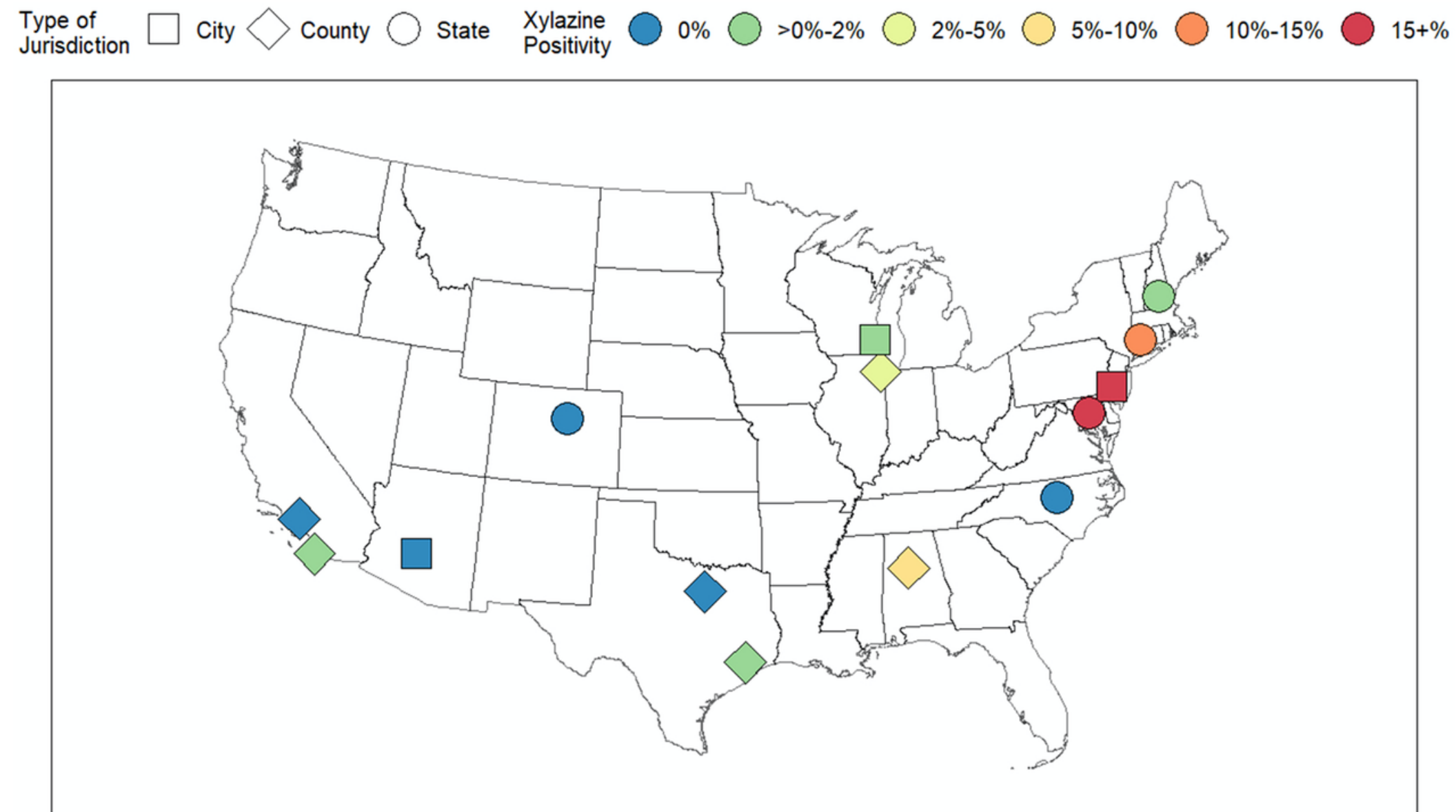
Graphic photos
on next slide!

Skin Wounds



Xylazine... why is it important?

- Early incidence in 2006 in Philadelphia/ Camden
- Increased fatal OD involving Xylazine from 2015-2020 in PA
- Becoming more prevalent in New York
 - 2022- 13 of the 298 OD deaths in Erie County contained Xylazine

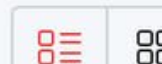


Xylazine... why is it important?

Xylazine Hcl For Sale 13,084 products found from 934 Xylazine Hcl For Sale manufacturers & suppliers

Product List

Supplier List



Category

Chemicals

Organic Intermediate
(7,597)

Other Chemicals (910)

Health & Medicine

Pharmaceutical
Intermediate (2,493)

Pharmacy Stocks (554)

Other Medicine (1,108)

More ▾

Product Features

Min Order

Less Than

OK

Search Within

Enter Attributes



◆ Sonwu Supply High Pure **Xylazine** Hydrochloride Powder **Xylazine HCl**

US\$ 0.49-0.85 / g (FOB Price)

100 g (MOQ)

Varieties : Xylazine HCl

Component : Xylazine HCl

Type : Xylazine HCl

Storage Method : Prevent High or Lo...

More ▾

Xi'an Sonwu Biotech Co., Ltd. >

Contact Now



◆ 99.9% Purity Tetracaine /Lidocaine /Procaine /Benzocaine/
Xylazine/Levamisole/BMK HCl with Safe Customs Clearance Local Anesthetic...

US\$ 35-78 / kg (FOB Price)

1 kg (MOQ)

Purity : >99%

Export Market : Global (Safe Custo...

Standard : Comply with USP/Bp/Eps...

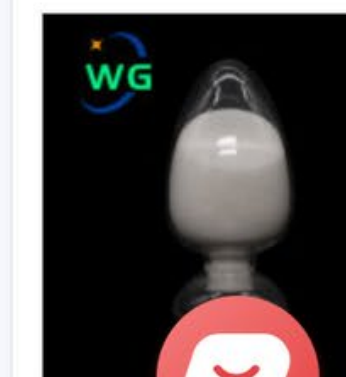
Express : Safe Customs Clearance, ...

More ▾

You May Like



100% Safe Customs
Clearance, High...



Xylazine Powder
Xylazine Crystal CAS



The History of Harm Reduction

1	Social Movements	Black Panthers, The Young Lords, ACT UP
2	Syringe Exchange Programs	1985: SEP's opened in UK and Amsterdam 1988: First SEP in NYC & Seattle
3	Safe Consumption Sites	1989: Netherlands, Switzerland, Germany, and Australia open 1st safe consumption sites 2022: OnPoint NYC
4	Naloxone	2000: 1st naloxone distribution program opens in Chicago & MA 2006: NYS Legalized Narcan for non-medical persons
5	Good Samaritan Laws	2007: New Mexico becomes 1st state to pass 911 Good Samaritan law 2011: NYS passes Good Sam Law

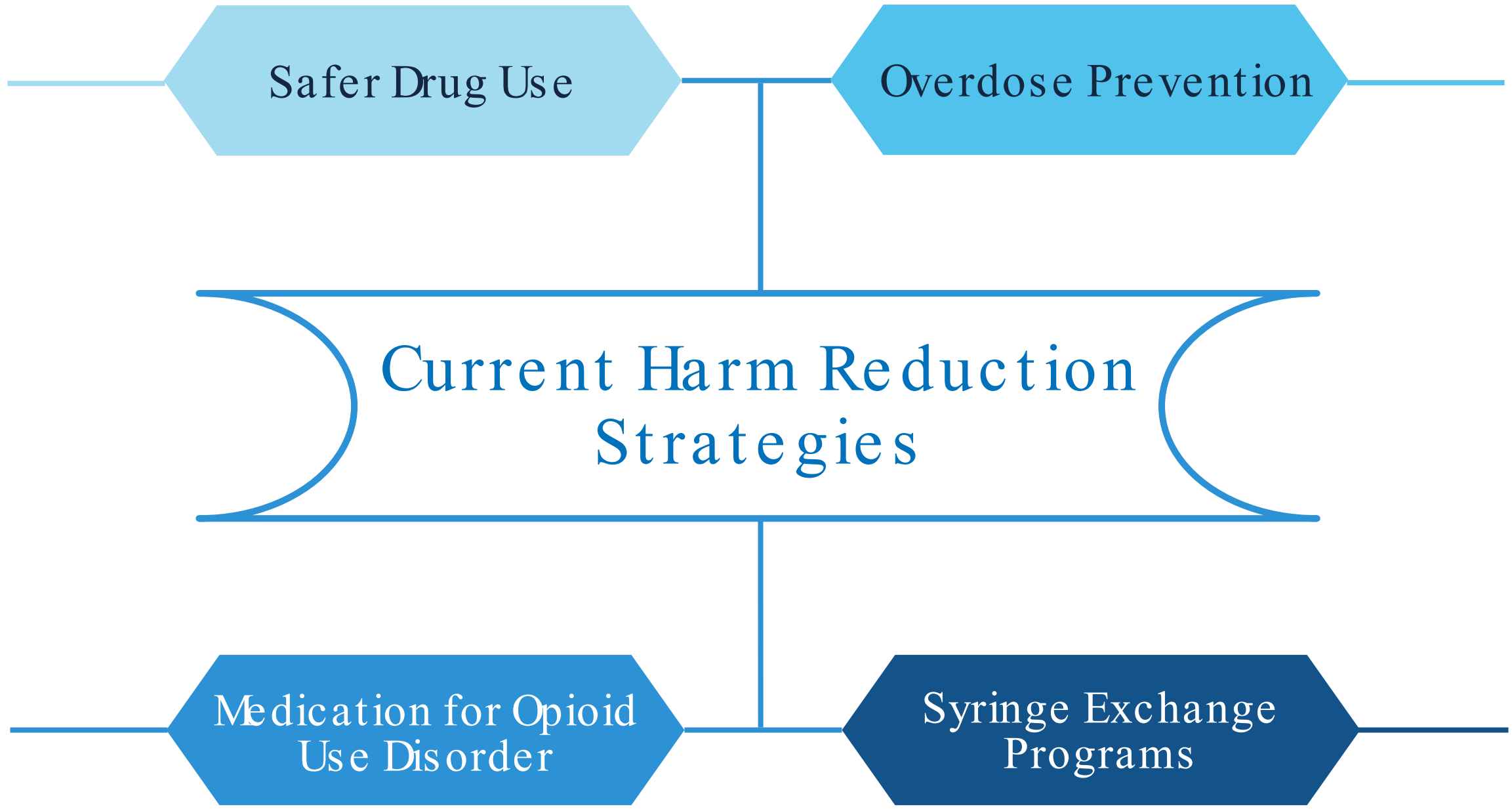
HARM REDUCTION

Principles

- Participant Centered Services
- Participant Involvement
- Participant Autonomy
- Pragmatism and Realism
- Culturally Informed
- Health and Dignity



- Use Slow ●
- Use Less ●
- Use Together ●
- Test your Supply ●
- Methadone
- Buprenorphine
- Low Threshold Programs
- EMS/Pharmacy Access



- Understand Risk
- Know the Signs
- Good Samaritan Laws
- Narcan Training and Distribution
- Sterile Works
- Fentanyl Test Strips
- Community Support
- Linkage and Referrals



Xylazine
test strips



Fentanyl
test strips



Naloxone

Current Harm Reduction Strategies

What is MOUD?

Medication for Opioid Use Disorder



Naltrexone



Buprenorphine



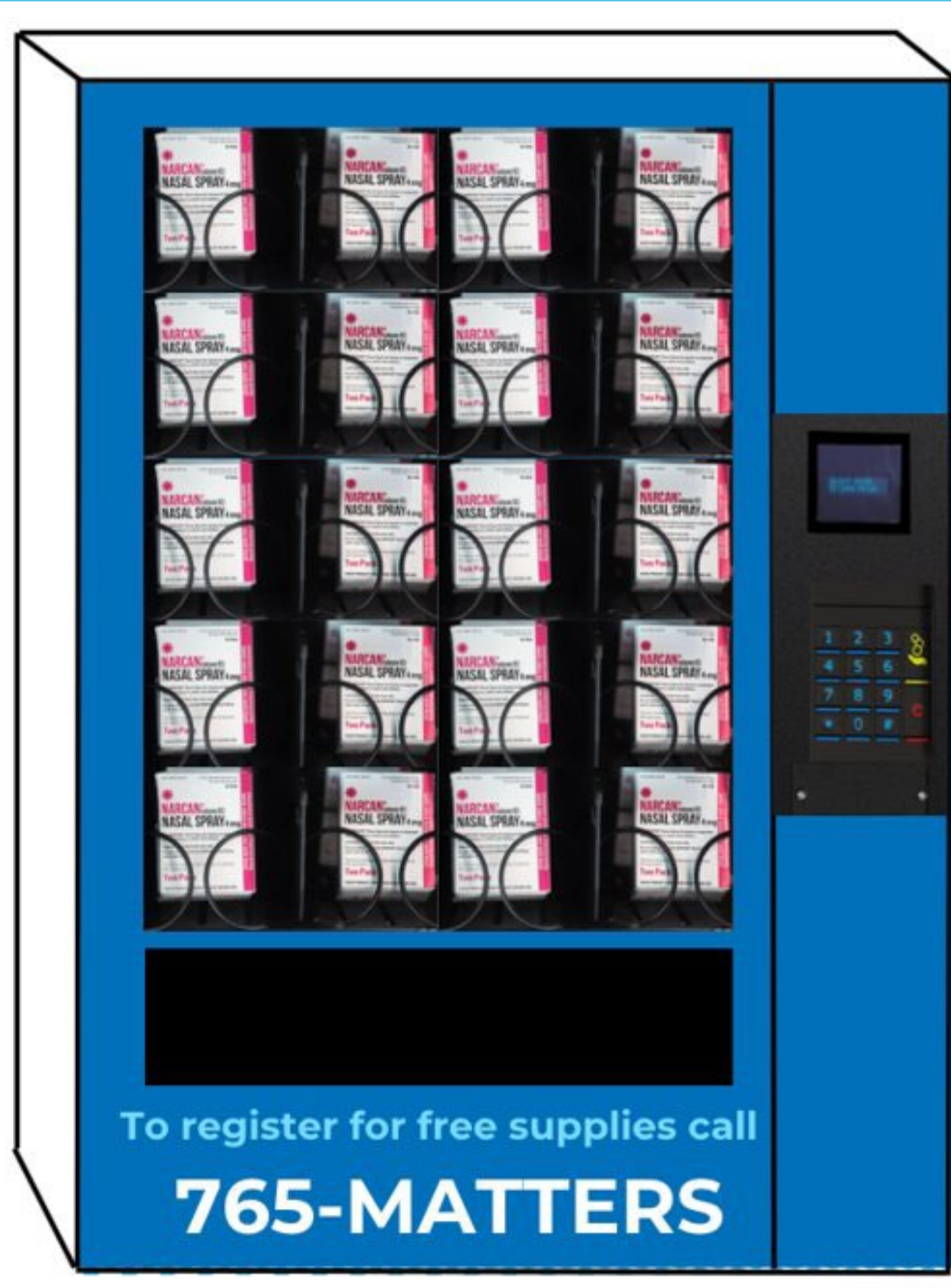
Methadone

Harm Reduction Vending Machines

15 Vending Machines will be
placed across NYS

Vending machines will contain:

- Fentanyl test strips
- Xylazine test strips
- Naloxone

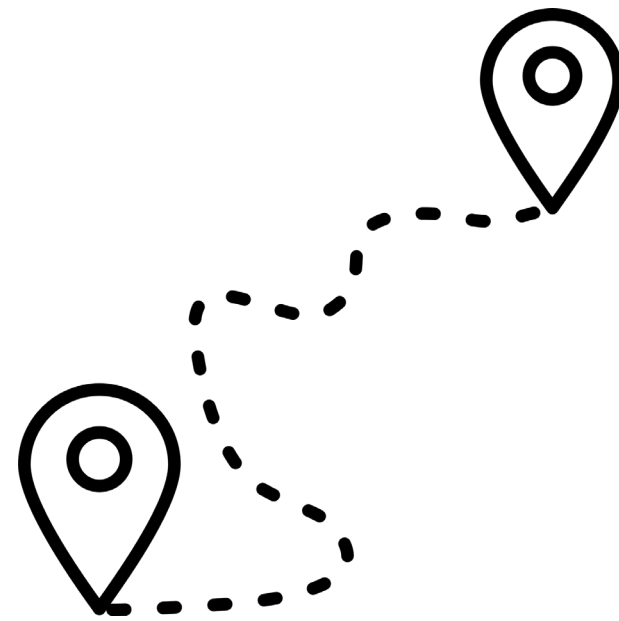


Why isn't everyone on MOUD?

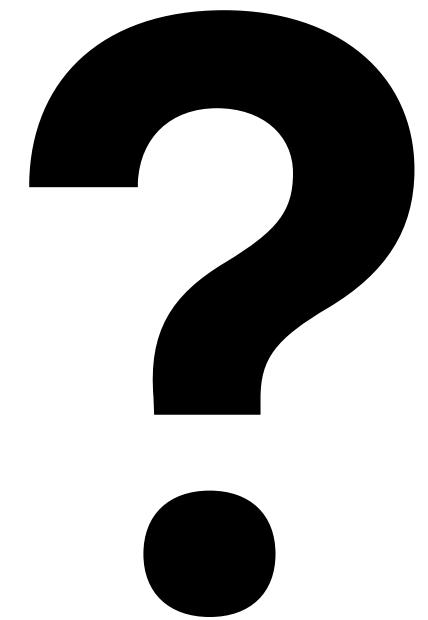
Barriers



Stigma



Access to Rx



Others

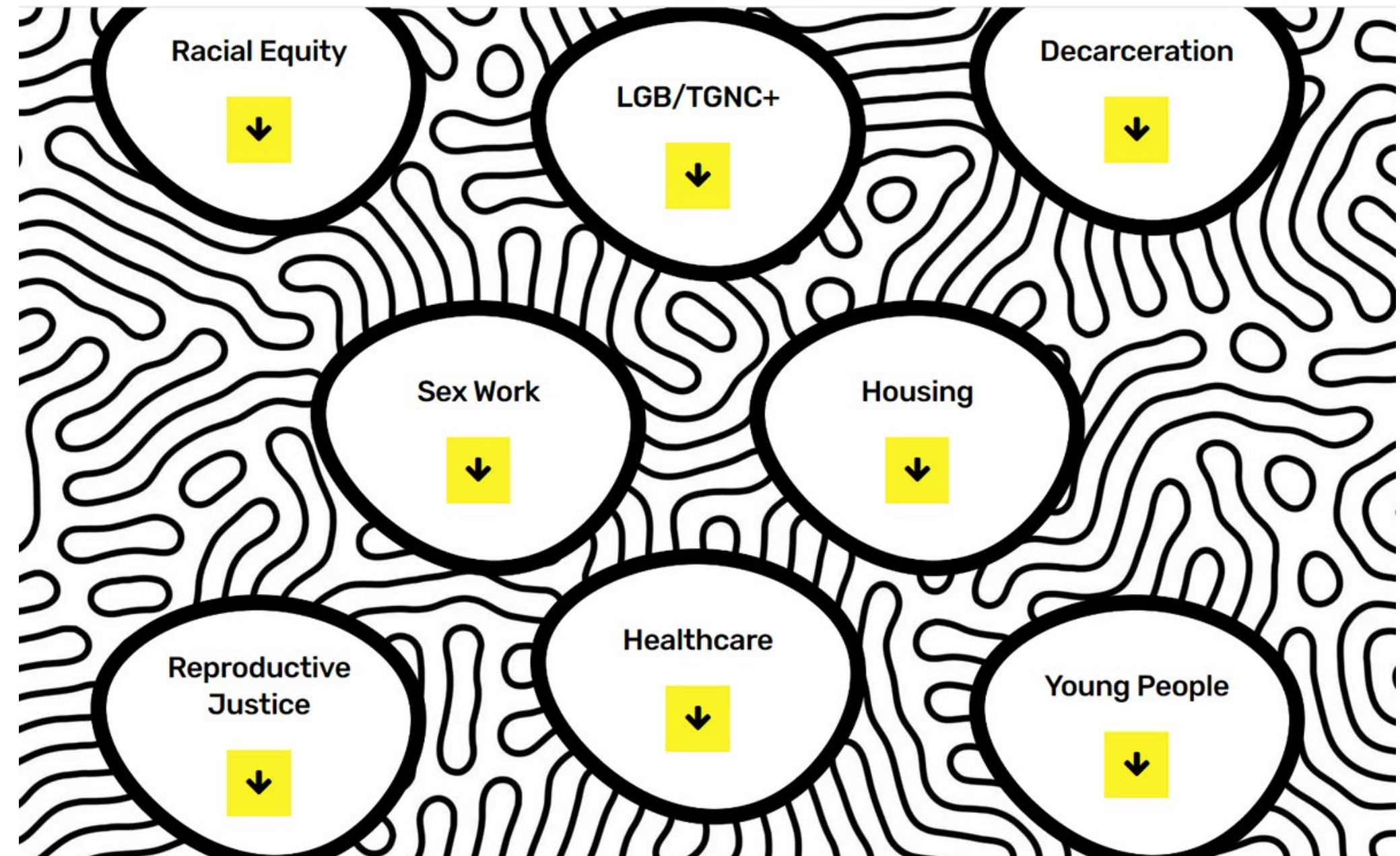
Language

MATTERS[®]

Person-Centered Language

- A person is a person first, and behavior is something that can change —terms like “drug addict” or “user” imply someone is “something” instead of someone
- Stigma is a barrier to care and we want people to feel comfortable when accessing services
- People are more than their drug use and harm reduction is a holistic approach
- [language guide](#)

Intersectionality



Safe Consumption Sites

SCS are designated sites where people can use drugs under the safety and supervision of trained personnel



The Future of Harm Reduction



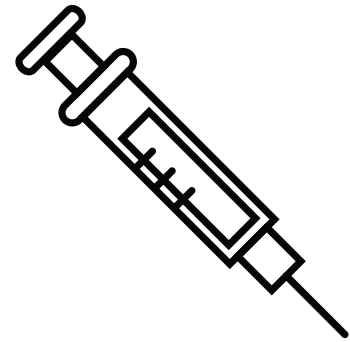
Safer Supply

Providing prescribed medications as a safer alternative to the illicit drug supply to people who are at high risk of overdose

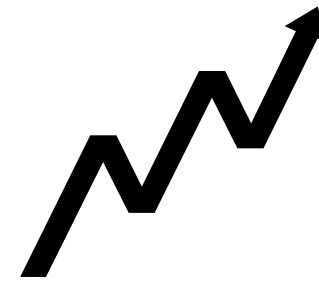
Cost Effectiveness of Harm Reduction

A review of the efficacy and effectiveness of harm reduction strategies for alcohol, tobacco, and illicit drugs

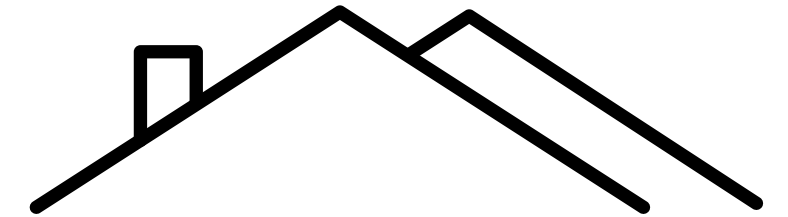
Research shows that ...



Syringe exchange programs reduce HIV transmission and increase users' access to other medical and social support services.



Safe injection facilities have increased enrollment in detox treatment and have not been shown to increase social disorder in the community.



Housing First programs reduce costs of medical/social care and have been shown to improve clinical outcomes for individuals living with HIV/ AIDS.

What can you do to reduce stigma?



- Are you using "first person" language?
- Are you mixing up substance use and substance use disorder?
- Are you using sensational or fear-based language?
- Are you using technical language with a single, clear meaning instead of common terms or words with inconsistent definitions?
- Are you unintentionally perpetuating drug-related moral panic?

What can you do?

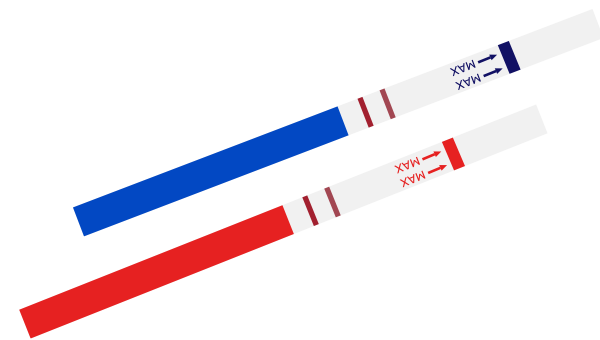
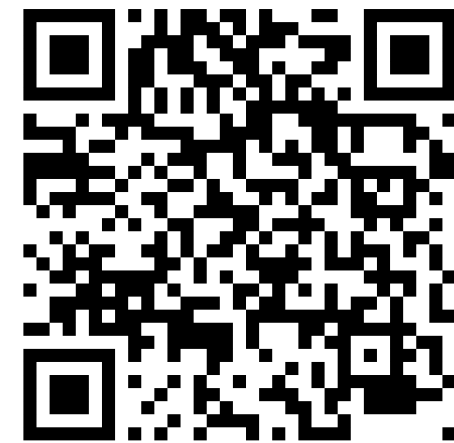
1.

Get trained and carry naloxone



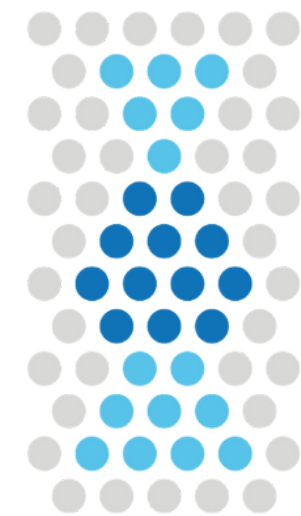
2.

Order test strips **HERE!**



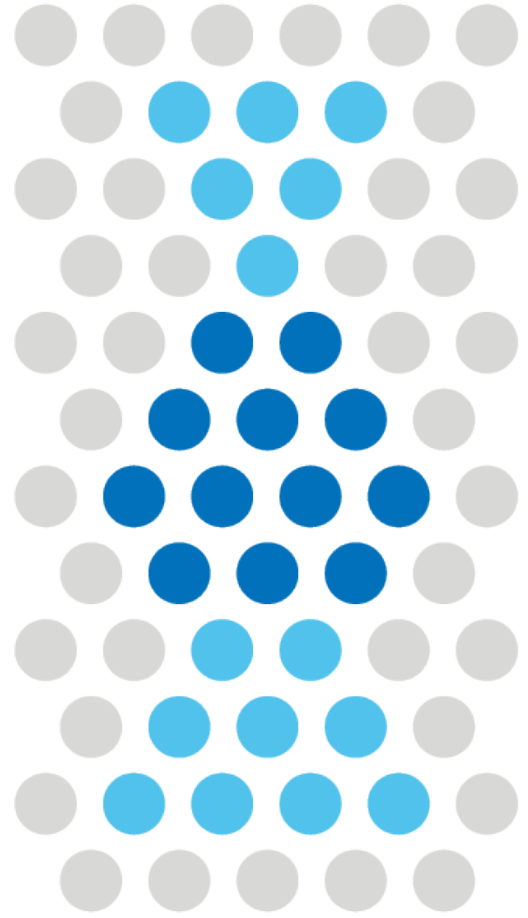
3.

Learn about [MATTERS](#)
Referral Network



Resources

- <https://www.youtube.com/watch?v=J e3YADbep9w> (on-point and Rx opioids for OUD in Vancouver)
- https://www.npr.org/sections/health-shots/2017/06/11/531931490/change-from-addict-to-person-with-an-addiction-is-long-overdue?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=20170611
- <https://www.wbur.org/hereandnow/2017/08/02/language-of-addiction>



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Any questions? Reach us
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